



CARDIO



KICKBOXING



*Have fun while getting in shape with fun fitness kickboxing!
All fitness levels are welcome!*

*Imperial Park
Recreation Center**

*Noon-1 p.m.
Mondays & Wednesdays
\$50*

**Facility usage card required*

Eldridge Park

*10-11 a.m.
Tuesdays & Thursdays
5-6 p.m.
Mondays & Wednesdays
\$50/resident
\$62.50/non-resident*

First Colony

*12:30-1:30 p.m.
Tuesdays & Thursdays
\$50/resident
\$62.50/non-resident*

All classes require a one-time \$45 equipment fee, paid to the instructor.

Call 281-275-2885 for more details!